

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
GRADE
ELEVEN/TWELVE
Anatomical Basis of Movement



More Physical Education Curriculum Tools at www.OPENPhysEd.org
OPEN is a Public Service of US Games

DYNAMIC

(Adjective)

Characterized by constant change,
activity, or progress.

Nina worked on her dynamic balance by
walking across a balance beam.

(VA SOL 11/12.2)

ENDURANCE

(Noun)

The capacity of something to last or to withstand.

It takes incredible endurance to complete a marathon, which is a 26.2 mile running race.

(VA SOL 11/12.2)

FLEXIBILITY

(Noun)

A measurement of one's ability to stretch a muscle or group of muscles.

If you wish to increase your flexibility, it is important to stretch regularly and with good form.

(VA SOL 11/12.2)

FORCE

(Verb)

To drive or push into a specified position or state using physical strength or against resistance.

Wayne pushed the weight sled with all the force he could muster to practice tackling his opponent in football practice.

(VA SOL 11/12.2)

MUSCLE CONTRACTION

(Verb)

The movement of tension-generated sites within muscle fibers in response to load or force; causes the muscle to tighten and shorten.

Christian watched the muscle contraction in his arm as he was lifting weights.

(VA SOL 11/12.2)

OVERLOAD

(Adjective)

Characterized by an excessive load or amount.

Tony wanted to gain muscle mass, so he started overload training.

(VA SOL 11/12.2)

PENALTY

(Noun)

A disadvantage or handicap imposed on a player or team, typically for infringement of rules.

Trey explained the penalties associated with soccer as well as the punishments typically given for each one.

(VA SOL 11/12.2)

SPECIFICITY

(Noun)

The quality or condition of being specific; working on a specific body area.

Jonah needed to improve is balance and decided to include specificity aimed at strengthening his core muscles.

(VA SOL 11/12.2)

STATIC

(Adjective)

Lacking in movement, action, or change.

Static stretching, like reaching for your toes and holding that position, should only be performed after physical activity; dynamic stretching should be as a warm-up.

(VA SOL 11/12.2)

WEIGHT TRANSFER

(Noun)

A change in weight from one body part to another, fully or partially.

The class was instructed to hop on the right foot three times, then perform a weight transfer and hop on the left foot three times.

(VA SOL 11/12.2)